



Renate Cervinka – University College for Agrarian and Environmental Pedagogy, Vienna, Austria

Title of presentation: The potential of woodland and woodland-based activities for promoting health and well-being

Abstract: The presentation begins with a discussion of the characteristics that woodland requires to serve as a healthy location, based on scientific principles. The potential of woodland or selected sites in forests to promote recovery is analysed in the context of the interventions that need to be implemented. Our own research projects on the health-related effects of parks and woodland have identified a relationship with the landscape and closeness to nature as important personal traits. This supports the assertion that promoting relationships in green spaces plays a significant part in the way well-being and health are experienced. A discussion on the implementation of green care measures in Austrian woodland takes its cue from shinrin-yoku, an established form of health promotion in East Asia.